



*If we look at each one,  
 Just like every person with the limitations of disability,  
 With the eyes of the Father of Jesus, the Mother of Jesus,  
 Then we will see what they see,  
 We will hear them say to each,  
 Just like to Jesus:  
 "You are my beloved son, you make me happy".*



*Yvonne CHAMI, Founder*



## Dear friends,

All over the world, men, women and children are much wounded, tortured, suffering from hunger, driven from their homes.

Many people have lost their bearings, the meaning of their lives. From Lebanon, to Syria, to Iraq, to Turkey, to Ukraine, etc.

We live in a world where disasters are increasing. Thousands of people are living in poverty due to political, humanitarian, health and economic crises, in addition to natural disasters.

How can we continue to live in such difficult times?  
 How can we continue without losing hope and faith?  
 How can we react in times of crisis?

Our experience at Anta Akhi has taught us that in times of crisis, we must be firm in the conviction of our faith. Yes, the moment of crisis requires perseverance in faith and silence in prayer in order to hear the Holy Spirit. It is a moment of fidelity to God: "Yes, Lord, you are there, present in the



difficult and less difficult moments! Yes Lord, I believe, we believe, that your presence is a miracle that crosses mountains."

"In their trouble they cried out to the Lord, and the Lord delivered them from their fear." (Ps 107:28).

At "Anta Akhi" we learned that God is never late, never early, always on time.

"He calmed the storm, and the waves have remained calm... The Lord led them to the harbor they wanted to reach" (Ps 107:29-30).

Lord, thank you for the many times you have heard us. Thank you for calming the storms of our lives. Thank you for teaching us every day to deal with our difficult moments in peace, in faith and especially in fidelity to Your Word, to the love of Your Son who suffered, died and rose again to save us. Christ is risen! Hallelujah!

**Roula Najm**  
*President Director General*

# Our Easter Agenda

Today, we are all dealing with multiple challenges. At Anta Akhi, every time we face one, certainly with the help and support of all our faithful friends, we are thankful because we live the joy of resurrection, that resurrection which is recognized in the possibility of overcoming any difficulty that threatens us in our daily lives.

In our Home of Tenderness, we do everything to make sure that this joy is on the daily "menu" of our young adults with disabilities, and that it illuminates their lives so that they can always transmit the message of peace and faith to those around them.

May the joy of the Resurrection of Jesus Christ always live in our hearts!

As usual, Lent and Easter have their ritual at Anta Akhi. The habit of meditating weekly on a specific **theme** had its share during this year's Lent: the five senses were at the rendezvous. In fact, every Wednesday, the accompaniment unit met with the young adults with disabilities to reflect on the role and importance of our five senses and their proper use.

As for the **events** related to Easter 2023, we illustrate them below:

*We are waiting for you to come and share with us these Easter moments!*

Palm Sunday April 2nd	Wednesday April 5	Holy Thursday April 6	Good Friday April 7	Easter Saturday April 8
<p><b>Rosary prayer</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10.30 am</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Pam Sunday Mass</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 11.30 am</li> <li><b>Location</b> Anta Akhi</li> <li><b>Activity</b> Procession around Anta Akhi</li> <li><b>Remarks</b> Families and friends are invited</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 1.30 pm</li> <li><b>Location</b> Anta Akhi</li> </ul>	<p><b>Rosary prayer</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10 am</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Mass</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 11 am</li> <li><b>Location</b> Anta Akhi</li> </ul>	<p><b>Big Mass Anta Akhi + Sesobel</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10 am</li> <li><b>Location</b> St Elie Church Ballouneh</li> </ul> <p><b>Evening of Adoration</b></p> <ul style="list-style-type: none"> <li><b>Time</b> Starting 8.30 pm</li> <li><b>Location</b> Anta Akhi</li> <li><b>Activity</b> Evening of Prayer in front of the Blessed Sacrament</li> <li><b>Remark</b> Drawing of the names of the priests for prayer during the year</li> </ul>	<p><b>Rosary prayer</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10 am to 12 noon</li> <li><b>Location</b> Anta Akhi</li> <li><b>Remark</b> Prayer before the Cross</li> </ul> <p><b>Stations of the Cross</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 3 pm</li> <li><b>Location</b> Ste Thérèse Church Sheilé</li> </ul> <p><b>Meditations</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 9 pm</li> <li><b>Location</b> Anta Akhi</li> </ul>	<p><b>Pâques "at-home"</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 8 am</li> <li><b>Location</b> At our youth homes</li> <li><b>Remark</b> Home visits for our young people with disabilities who cannot go out to celebrate Easter</li> </ul> <p><b>Rosary prayer before the Cross</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10.30 am</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Festive meal</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 8.30 pm to 11 pm</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Time of Prayer</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 11 pm to 11.30 pm</li> <li><b>Location</b> Anta Akhi</li> <li><b>Remark</b> Preparation for midnight mass</li> </ul> <p><b>Midnight Mass</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 11.30 pm</li> <li><b>Location</b> Anta Akhi</li> <li><b>Remark</b> Animation after the mass + Egg fight + Easter pastries and chocolate</li> </ul>
	<p><b>Easter Sunday April 9</b></p> <p><b>Festive and animated atmosphere</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 10.30 am to 12.30 pm</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 12.30 pm</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Rosary prayer</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 5 pm</li> <li><b>Location</b> Anta Akhi</li> </ul> <p><b>Common remarks</b></p> <ul style="list-style-type: none"> <li>No mass</li> <li>Home of Tenderness open to welcome friends and visitors</li> </ul>		<p><b>Easter Monday April 10</b></p> <p><b>Mass to congratulate our Blessed Virgin</b></p> <ul style="list-style-type: none"> <li><b>Time</b> 11 am</li> <li><b>Location</b> Harissa</li> </ul>	



« And God, who raised up the Lord, will also raise  
us up by His power » *1 Corinthians 6 :14*

On February 16<sup>th</sup> of this year, Gaëlle Khoury was born in the love of the Father, at the age of 20. She suffered from lissencephaly and was attending Anta Akhi in day care. Gaëlle was surrounded by the love and tenderness of her family, as well as by the presence and generosity of Venus, her caregiver, and the entire team. Despite her severe disability, her life carried a meaning and a message to those around her.

*At the mass celebrated for the repose of her soul on Wednesday, March 29, Venus moved us with her little word, of which here is a part: "Gaëlle, you were able to change many things in me ... I used to wait impatiently for your smile ... I felt loved because you loved me in your own way ... your face will remain engraved in my heart ... I am happy because you are in the arms of the Blessed Virgin!"*



# The daily life of our young adults

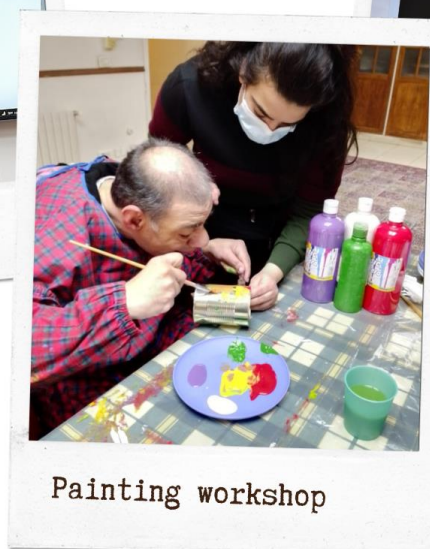
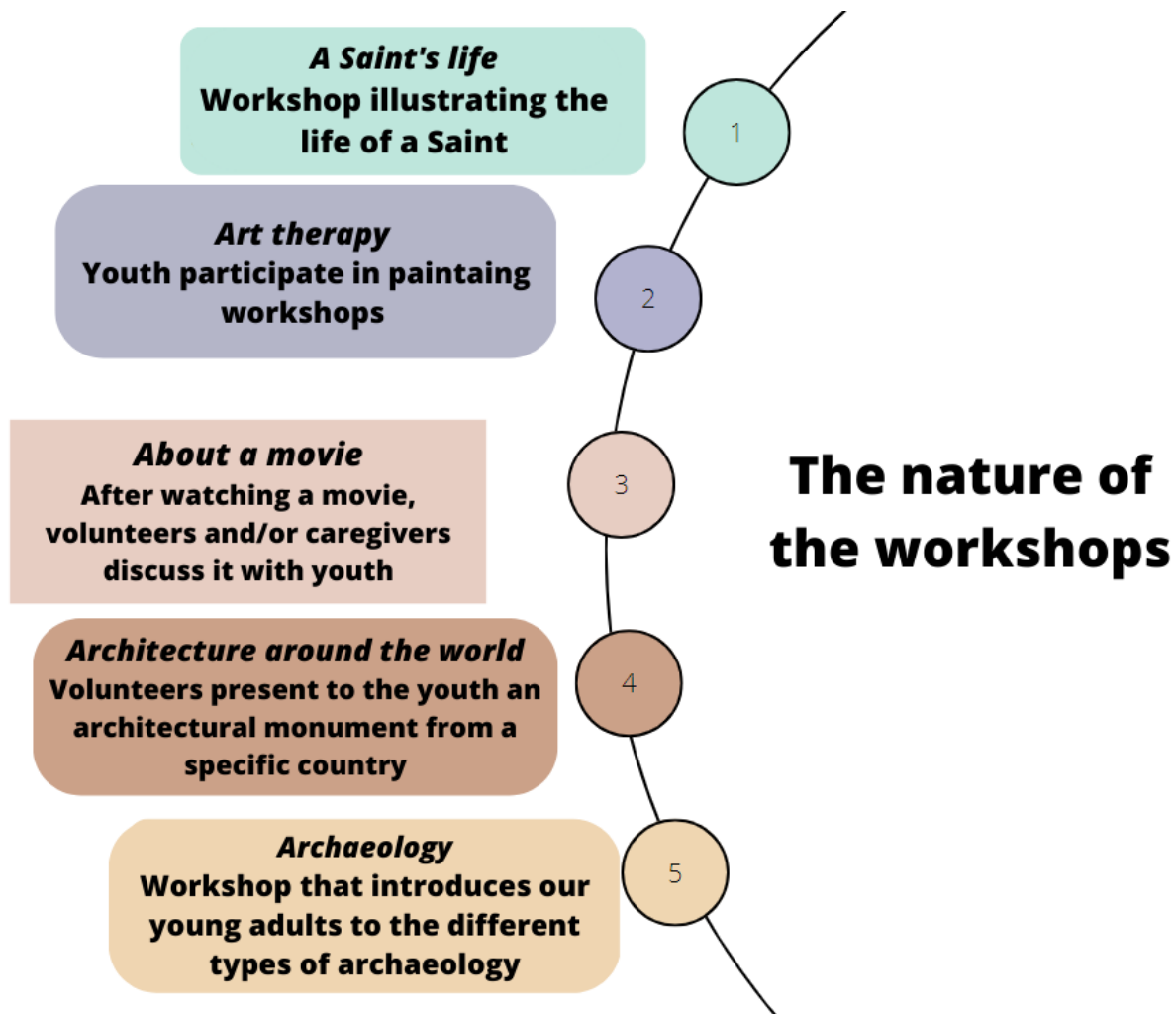
The joy in which our young people with disabilities live is drawn from living together on a daily basis - team, young people, life companions and volunteers – with both our differences and our complementarities. This is the mission of Anta Akhi: to accompany these young people to fulfill themselves as persons, their nature not being limited to disability, and to help them blossom through an integral human growth.

## The workshops

At our Home of Tenderness, our young people are never bored! In addition to the regular learning and existential formation they receive, their program is enriched with new activities/workshops that are organized periodically by the accompaniment and human environment units and implemented with the precious help of the life companions and volunteers.



*Carole « at work »...with Fatima, friend and volunteer*



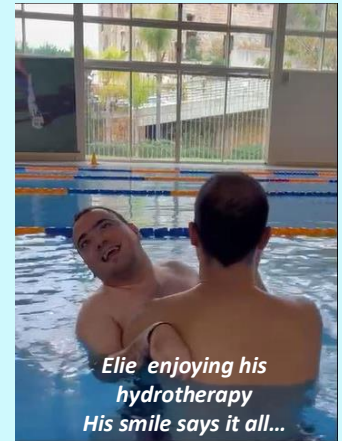
## The therapies

In addition to traditional therapy, which includes passive mobilization, physical therapy, and play therapy (e.g., table field hockey), our youth with disabilities practice innovative therapies such as hydrotherapy, equine therapy, Snoezelen therapy, and music therapy.

### Hydrotherapy

Once a week for an hour and a half, a group of 10 young adults with disabilities will benefit from hydrotherapy for a month. It can be done by all young people with disabilities since it is beneficial to them through exercises of standing up in water, simulation of walking and general mobilization. Not to mention that it is also a moment of entertainment for our youth. We cite the example of Aida who, thanks to this therapy, has managed to overcome her fear of water.

*Thank you to the College of St. Joseph - Antoura, which offers us free access to its pool!*



*Elie enjoying his hydrotherapy  
His smile says it all...*



*Carole and Samo, benefiting from hydrotherapy, with our volunteers, Ambre and Juliette*



### Equine therapy



*Elie on horseback*

Practiced once a week by our young adults with disabilities, horse therapy aims to develop a certain approach with the animal. It serves to strengthen balance and coordination of the body's parts, as well as core control.

**Michael**, who has a multiple handicap, was there for the first time, held by Charbel, our physiotherapist, and a life companion; it was a real moment of euphoria for him!

It should be noted that in this equestrian center, our young people are surrounded by other animals, such as cats and dogs. Some of them, like **Samo**, are able to overcome their fears by trying to pet them or hold their leashes.

*Thank you to the Beit Mery Equestrian Center for allowing us to offer this therapy to our youngsters for free.*

## Snoezelen



*Paul enjoying this sensory therapy*

This is a sensory approach, used with all our young adults with disabilities, to reduce the spasticity linked to the handicap, as well as to create a relaxing atmosphere in order to induce a relaxation of the muscles. This therapy facilitates the work of mobilization for the physiotherapist who, however, must



converse with the young people, so as not to give them the opportunity to be bored or not to appreciate it.

## Music therapy

It is put into practice by our friend Mia with the aim of promoting, maintaining and restoring the mental, physical, emotional and even spiritual health of our young people with disabilities. We leave you with some testimonies from these young people on the impact of music in their lives... Thank you dear Mia!

**Joy** : « *Music helps me get my feelings out* ».

**Tony** : « *Music takes me to another world and relaxes me. I feel less tense* ».

**Ghassan** : « *Music therapy helps me remember the beautiful moments of my childhood ...* »



Mia, our music therapist, with her musical instruments

## The main activities and the festive moments

Dear friends, members of the great family of Anta Akhi, we thank the Lord for the love you show us and the attention you give us. Your constant presence with us, whenever we have asked you, allows us to persevere in our mission, to improve but also to color the daily life of our young people with disabilities, welcomed in our Home of Tenderness, and to draw a smile on their faces.

May Easter, source of hope and new strength for all of us, bring you peace and serenity and may the Holy Virgin, Set El Beit, fill you with Her graces! From the heart, a big Thank You!

### January 25, 2023 : **The Gala dinner of Anta Akhi France**

At the end of each year, Anta Akhi France mobilizes and dedicates to Anta Akhi Lebanon a gala evening attended by people who care about our cause and share our same values. The evening was a success! Thank you dear friends, from the bottom of our hearts, for being a constant support for our young people with disabilities!



### January 11, 2023 : **Cinema activity by the Ladies' Committee**

After a shutdown in activities due to the health and economic crises that continue to affect our daily lives, our dear ladies of the committee have been working hard to help us. They organized the "movie" activity (*with the screening of the movie "Boîte Noire"*) which consists in the booking of all the existing movie theaters in a center and handing over the profit to Anta Akhi.

Thank you for your priceless dedication, as well as your generosity and that of all the people who contributed to the success of this activity!

### March 9 and 10, 2023 : **The « sobhieh » or the traditional breakfast**

This year, the "sobhieh" too had its part among the activities organized by the self-financing unit. The activity was so eagerly awaited by a large number of people loyal to Anta Akhi, that it was spread over two consecutive days. An animation, followed by a raffle, entertained all present. Thank you for your nonstop loyalty and support!







### January 29, 2023 : ***The children's mass***

The annual children's mass was celebrated last January 29 as usual on the occasion of the Presentation of Jesus to the Temple. Many of them came to spend a beautiful moment with Anta Akhi's family. The children of the Kfardebian choir enchanted us with their angelic voices. A magic show fascinated kids and adults! Thanks to all for their presence!

### February 19, 2023: ***The newlyweds' mass***

The newlyweds also have their annual celebration at Anta Akhi. A mass was celebrated in their honor, entrusting them to the Holy Family, so that it protects them and accompanies them in their new life together! ***Mabrouk !***



### February 8, 2023 : ***« Night to Shine »***

Recently, our young Carole, Anthony, Marcelino, Johanna and Elie Khoury participated in a special event, "Night to Shine", sponsored by the Tim Tebow Foundation. They had a great time, different from everyday.

### March 19, 2023 : ***Feast of St Joseph***

On the 19<sup>th</sup> of March, all the Josephs gathered to celebrate the feast day of the Father of all our families. The mothers who attended had their share of early Mother's Day wishes. A nice homemade cake was enjoyed by all present. Good feast to all!



### March 25, 2023 : ***Feast of the Annunciation and Mothers' Day***

On the occasion of the Feast of the Annunciation, the women of the whole Anta Akhi's team celebrated Mothers' Day on Friday, March 24. Roula, our director, stated that "*motherhood is not limited to the biological bond; it encompasses all forms of care and self-giving to others*".



## Aida, witness of the infinite love of a sister

Very loyal to the people she cherishes, extremely constant in her feelings towards others, Aida is always there, not only for her sister Samo, but also for any other person she sees in trouble around her. Members of the Anta Akhi's team describe her as endearing and pure of heart. Don't be deceived by the distance she seems to draw at first glance; be sure that she does so out of respect for the other person's boundaries and to try to see beyond the voice of the person she is talking to.

Aida stands out for the spiritual messages she sends to people she knows very well. Indeed, we hear her say "*Jesus is in your heart, don't be afraid...and I love you...*", or "*The earthquake? Yes, I was scared at first, but I know I have nothing to fear, because Jesus and Mary are with me!*"

Caring and helpful, she makes both her bed and her sister's in the morning, and her eyes go around the room to make sure there is no one in need. She has a strong friendship with Carole. They are often seen together.



Aida, overcoming her fear of animals



Aida, talking with her friend, Carole



Aida, with a friend and her sister Samo



Aida, with Cécile (left) and Ambre (right), volunteers

## 5 Questions / Answers with Aida

**Q : Aida, what do you like at Anta Akhi?**

A: Anta Akhi is my home, it's where I really feel at home.

01

**Q: We know that you often help the others, why and how do you do it?**

A: If I see someone sad, like Marcelle for example, I call the life companions for help; I help also Carole eat her sandwich or drink her coffee.

02

**Q : How much space does Jesus have in your heart ?**

A: Jesus occupies all my heart.

03

**Q : Describe your relationship with your sister Samo.**

A: Samo is my sister, I love her so much and I take care of her.

04

**Q: What do you wish today?**

A: I'd like to go out with Rita and Layal, and take coffee together.

05

## Volunteers: dedication, generosity and self-giving

Do you want to come and live an enriching and unique experience? Giving meaning to one's life is a powerful engine to move forward. Indeed, many Lebanese and French people come to join us for free to commit themselves to our young adults, to give them love, but also to receive it. Do not hesitate, the doors of our Home of Tenderness are always open to you!



Juliette  
and  
Yvan

In January 2023, we had the joy of welcoming back **Juliette**, a former French volunteer, who came back for 6 months, and meeting **Yvan**, who came to bring a precious help to the life companions, also for 6 months. In February, also **Lucie** came from France to join the team of volunteers.

It is a great joy for us to see volunteers returning often to Anta Akhi, sometimes for a short visit, but other times to stay; we mention **Sabine, Juliette, Blanche, Louise, Lionel...** It is their great proof of love and fidelity towards our young people with disabilities and our big family of Anta Akhi.

**Cécile** : « As a life companion to Carole and Aida, I found in AA a true family life and tenderness. These young people are a life lesson for me and have made my experience unforgettable. »

**Ambre** : « I came to do psychomotricity with the young people, and I learned that a simple smile can be a therapy. »

**Sabine Poussereau** left Anta Akhi, after one year of mission to our Home. Here is her testimony:

*"Working with the youth made me discover a different way of communicating and showed me that building a relationship beyond words is possible."*



*Sabine, you will always be welcome !*

As for the Lebanese volunteers, they are many to come and dedicate their time to the young people of our home.

**Samir** : Thanks to the faithful hairdresser of our young men with disabilities, and his team.

And so many others, **Fatima, Carla, Magdala, Elissa, Lea, Aya, Anthony**, etc. who come to spend quality time with our young adults with disabilities to accompany them in their personal lives.

**Angela** : "I don't come to give, but to receive". Her sister too comes to Anta Akhi to dedicate a time of reading to Ghassan.

Their love, gentleness and selflessness has a great impact on our young people's feelings. Aya treats them with

the homemade cookies she prepares for them at home. These volunteers all testify that attending Anta Akhi enriches their lives and make them happy.

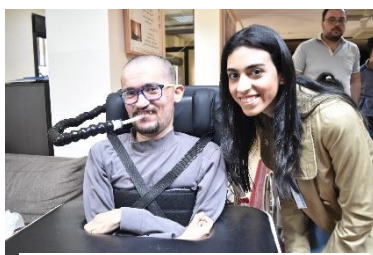
A big THANKS to all of you! Be blessed!

**Grace** : She organizes a workshop for our youth around a film, and discusses it with them. She is also always there for any youth needs that arise. Thank you Grace!

**Yasmina** : « The welcome of the young people and the interest they show for the workshop on the life of a Saint that I organize for them makes me very happy. »



Elissa, with Joy and Anthony



Carla with Ghassan



Anthony with our young adults

Magdala with Pierre



Lea with Carole

## Call

Dear friends,

Today we appeal to your usual generosity. Hand-in-hand, we can overcome any difficulty. Two of our young people need your support: indeed, living in buildings, and for lack of electricity sometimes, they do not regularly attend Anta Akhi, not being able to take the elevator. We would be deeply grateful if you could help us buy a power track chair, a stair lift. The sum of \$3000 would be a great help to us. On behalf of Anta Akhi's family, THANK YOU!

### For your donations in Lebanon or elsewhere

Online payment : [www.antaakhi.org](http://www.antaakhi.org)  
Emirates Lebanon Bank SAL – Ashrafieh, Beirut  
Code Swift : N°ELBKLBBXXX  
IBAN \$ in Lebanon : LB46 0092 0000 0000 2331 1772 4200  
IBAN \$ : LB84 0092 0000 0000 2301 1772 4200  
IBAN € : LB67 0092 0000 0000 4331 1772 4200  
IBAN LBP : LB84 0092 0000 0000 1331 1772 4200

### For your donations in France

Bank details (without tax receipt) :  
BANK AUDI SARADAR FRANCE – Bank code: 18089  
BIC: AUDIFRPPXXX – Account Number in euros : 115 17897 451 1  
IBAN: FR76 1808 9000 0111 5178 9745 121  
For a tax receipt : [www.helloasso.com/associations/anta-akhi-france](http://www.helloasso.com/associations/anta-akhi-france)